



The Prospector

Sitka Pioneers' Home

February 2018 Vol.38 No.2

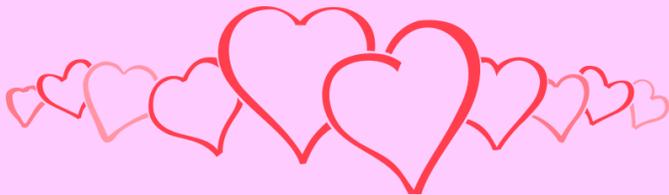
Resident Birthdays

<i>Dottie Johnson</i>	<i>2-04</i>
<i>Mary Ann Armstrong</i>	<i>2-18</i>
<i>Ruth Finsley</i>	<i>2-26</i>

Staff Birthdays

<i>Audrey Nevers</i>	<i>2-07</i>
<i>Pat Kehoe-Pendell</i>	<i>2-10</i>
<i>Tony Kell</i>	<i>2-20</i>
<i>Grace Roller</i>	<i>2-28</i>

*We will celebrate February birthdays
at the Home Happenings celebration
on Friday, February 23rd.*



Scuttlebutt...

Pauline Mead, RN II, has resigned. We wish her the best and will miss her here.

Denise Salter, Administrative Assistant, is resigning and will be gone the first week of Feb. We know that it was a hard decision for her, but she has a lot she is looking forward to as she moves into working as an accountant. *She will join residents for lunch on Feb 1st to say her farewells so make sure to stop by and congratulate her on this big step.*



February is Volunteers Month!



We have so many volunteers who share their time and talents with the Pioneer Home throughout the year, it's time to let them know how much we appreciate all they do for us!

Be sure to thank all our fantastic volunteers as you see them, especially in month of February, but throughout the rest of the year too!



Ground Hog's Day

Yes! Punxsutawney Phil is the only true weather forecasting groundhog. The others are just impostors. How often is Phil's prediction correct? 100% of the time, of course!

On February 2, Phil comes out of his burrow on Gobbler's Knob - in front of thousands of followers from all over the world - to predict the weather for the rest of winter.

According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.

What do you think?

Will the little guy see his shadow this year??

Come to our Shadow Party

@ 8:30am

on Friday, Feb 2, 2018

to see your shadow!



Welcome John Larsen

John was born in Warsaw, New York, on March 17, 1923. He grew up in Rochester, New York, as the oldest of three boys. During WWII, he was a Navy aircraft mechanic and served in Pasco, Washington, and Guiuan, Samar. After John was discharged from the Navy, he rode a Harley Davidson from California to Maine! John lived and worked in Resolute Bay, Nunavut; Thule, Greenland, and Cape Yakataga, Alaska, before moving to Juneau in the 1950's. He was a private pilot and owned two Cessna's. He flew from Juneau to Miami and back in one of his planes. John was married to Betty Larsen in 1962, and they had one daughter, Mary, who resides in Juneau. (Betty resided at the Sitka Pioneer's Home from 2002 until she passed away in 2011). John is interested in aviation, boating, news (NPR), and weather.

We welcome John to Northern Lights neighborhood and the Sitka Pioneer Home family!



Welcome Cora Mosher

Cora was born in Astoria, Oregon, on November 9, 1917, to Nels and Amalie

Ludwigsen. Cora was one of eight siblings. The family moved from Astoria, Oregon, to Seattle, Washington, where Cora spent the rest her childhood. Cora graduated from Queen Anne High School in Seattle. The family eventually moved to Ketchikan, Alaska, where her father was a boat builder. Cora met her husband, Floyd, in Ketchikan and they were married there on May 2, 1940. Cora and Floyd enjoyed taking car or train trips back to the UP of Michigan where Floyd had family. Floyd was a machinist for Alaska Air Lines, then worked at the Ketchikan Pulp Mill. Cora worked at Tongass Trading Company and at the Post Office. Cora and Floyd had two children, Janice Webb and Ron Mosher, both who reside in Sitka, Alaska. Cora has six grandchildren and seven great grandchildren. Cora and Floyd moved to Sitka around 2006 when Floyd entered the Sitka Pioneer's Home. Cora lived across the street from the home above the Harry Race Pharmacy and visited Floyd on a regular basis until he passed away in 2009. Cora likes talking books and listening to the radio and is content to relax and 'take one day at a time.'

Please welcome Cora to Ocean View neighborhood and the Sitka Pioneer Home family!



Welcome Eunavae Ballou

Eunavae Ogletree was born in Oklahoma on July 15, 1928. Eunavae was raised in Medera, California, and graduated high school there. Eunavae Ogletree married Donald Ballou on February 25, 1949, and they moved to Alaska in 1952. They had three children: Michael Ballou of Medera, CA, Jeffery "Scott" Ballou of Juneau, AK. Their third child, Donavae Ballou, passed away as an infant. Eunavae has 14 grandchildren. She enjoyed her time as a stay at home Mom and also worked as a sales clerk. Eunavae likes to stay busy and active. She used to crochet and enjoys meetings, guest speakers, entertainment and discussion groups. Eunavae enjoys walking, visits, and visitors. Over the past 68 years, Eunavae and Donald especially loved spending time together. Eunavae is a member of the Church of Christ and remains involved with her many local friends.

We welcome Eunavae to Ocean View neighborhood and the Sitka Pioneer Home family!



Greeting Cards!!!

There is a bin of Valentine's Day cards available for staff and residents to choose from for their loved ones. It is located on the coffee table in the Main Lounge. The envelopes are not matched up, but they are available in the second bin.

This is the first time the greeting cards have been set out like this for a holiday, but it will not be the last. We look forward to offering a selection of cards for the following holidays this year:

St. Patrick's Day
Easter (April 1st)
Mother's Day (May 13th)
Father's Day (June 17th)
Halloween
Thanksgiving (November 22nd)
Christmas

Also available in the Recreation Kitchen year-round are a selection of:

Get Well
Sympathy
Baby
Congratulations (graduation included)
Thank You
Birthday
Anniversary

Please come by to pick out cards as you see a need in your life!

SPH Winter Olympics



**Fridays in February
@ 1:30pm
In the Main Lounge**

**Feb 2—Opening Ceremony
& Hockey**

Feb 9—Luge & Skiing

**Feb 16—Figure Skating
& Curling**

**Feb 23—Home Happenings &
Awards Ceremony**

***Let the games
begin!!!***

Thank you!!!

Harry Race donated a huge box of Christmas candies and chocolates. Yummy! We appreciate your generosity and look forward to enjoying this last 'taste of the holidays' for the season.



Alaska Raptor Center brought in 'Tootsie,' the saw-whet owl, and 'Pele' the Peregrine Falcon for a visit. The birds were very well-behaved and the Raptor Center staff were very knowledgeable. Thank you. It is always a pleasure to see the birds.

Thank you for the superb tsunami warning response! The earthquake that occurred outside of Kodiak near midnight on the morning of January 23rd brought the community of Sitka to action. The capable staff on duty that night kept everything in order as we listened for updates and eventually waited out the sirens. There were even a few off duty staff who reported to the Home with intent to help out as well. Thank you to all for doing your best to support the Home and the residents during this unexpected event!



4H Club had 'family night' here and made picture collages with images from their events over the last few months.



Pacific High School English students are working on an oral history project. Each student is connecting with and interviewing a couple of the residents to learn about them and then they will compile the information and create a presentation that they will share with the Home. We have enjoyed working with them and look forward to the final presentation!



We continue to enjoy the presence of the Mt. Edgecombe Preschool students on Mondays and Thursdays...playing with the rhythm sticks (pictured) were a big hit!



Eden Alternative Journey

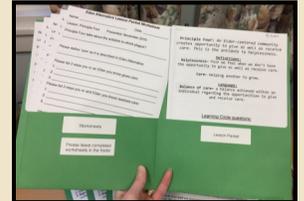
Our Eden Alternative journey focus for Jan, Feb, and March...

Principle Nine:

Creating an Elder-centered community is a never-ending process. Human growth must never be separated from human life.

Check the green folders on each neighborhood for the Eden Lesson Packets!

Prioritize your ongoing Eden education.



Meetings:

Resident Meeting: Wednesday, Feb 7th @ 1:00pm

Certified Eden Associates: Friday, Feb 23rd @ 10:00am

Home-wide Eden Neighborhood Team Meeting:

Friday, Feb 2, 2018 @ 1:30pm in the Main Lounge

Agenda: Opening ceremonies for Winter Olympics!

*Look to the Certified Eden Associates for support: Dayna Arnold (CEE), Skye Workman (CEE), Patty Ady, Mona Allen, Shari Carroll, Chris Davison, Betty DeCicco, Dolores Doggett, Saori Handy, Kathy Inman, Rolly Jeske, Pat Kehoe-Pendell, Jill Kollerup, Minda Manuel, Lisa Partido, Grace Roller, Katy Rouse, Denise Salter, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young

Assistive Technology of Alaska (ATLA)

ATLA is Alaska's only comprehensive assistive technology (AT) resource center. AT can be the key to greater independence and productivity for people in their home, school, community, and/or place of employment. ATLA provides demonstrations, information, and device loans to help Alaskans make informed decisions and select the AT that best meets their needs.

ATLA Demonstration

Tuesday, Feb 13th, 2018

@ 3:00pm in the Main Lounge

Valentine's Day Lunch

Valentine's Day lunch will be offered by the wonderful Kitchen staff with special Décor, table Arrangements, and menu to add to the festivities. Please see Greg and the kitchen crew if you have any questions about guest accommodations and other details.



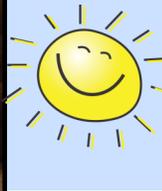
Happy Backwards Day! Day Backwards Happy!



This event tickled our brains a little as we thought about the way we do things based on our habits/routines, biology, and what makes sense in our minds.

We also looked at words... While a palindrome reads **the same way backwards** or forwards (otto, kayak), a semordnilap (itself a semordnilap of “palindromes”) makes a completely **different word** when **spelled backwards** (pit-tap, stressed-desserts). We also made many words from the letters in the word kaleidoscope. We didn't know at the time that there are 975 different words that can be made from 'kaleidoscope!' We found over 40 though!

1...2...3... Minute to Win it Games! 58...59...60!



Resident Meeting Minutes *Wednesday, Dec. 13th 2017 @ 1:30pm (Main Lounge)*

Attending:

Anna W, Fredi Y, Ruth F, Robin E, Donna G, Maureen R, Betty D, Jean R, Brenda B, Melba V, Martha H, Maryann A, Dottie K, Greg O, Kitchen Manager, Jeanette, NANA manager, Dayna A, Administrator, and Skye W, RTI.

Food Forum:

Jeanette, NANA Manager, is in town to check in on things in the kitchen. Attendees thanked Greg for the wonderful salad bar everyday. There was a reminder that little ice cream cups available on the neighborhoods and kitchen staff is always willing to work on filling special requests as they come.

Old Business:

No interest in revisiting any old business at this time.

Agenda Items:

New residents: Donald and Eunavae Ballou, Cora Mosher and John Larsen.

An outline of upcoming events was shared.

Natural history films are back on the calendar.

January- National Activity Professionals Week 'Minute to Win it!' games

February- Winter Olympic Games

March- Special dinner? Need to figure out the specifics...

New Business:

No new business.

Administrator's update:

Thanks to Recreation for coordinating festivities, gifts, donations, thank you notes through the holidays. No more new donations this month, but we will try to be better about vocalizing about donations as they come in. There will be a rate increase proposal at the next legislative session. Budgets are published, public, information. Resident input is important, so you are welcome to call/write/speak with representatives. I am looking forward to a great new year! We continue to work on admissions.

Respectfully submitted, Skye Workman, Recreation Therapist I

